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AUTUMN 2021



Explore
Essex

ESSEX EXPLORER

Magazine

Walks & wildlife

Family days out

Recipes & reading

Gardening, cycling
& climbing



SPECIAL
ISSUE

FIND
YOUR
ACTIVE



IT'S JUST
ABOUT FINDING
WHAT'S RIGHT
FOR YOU!

Find Your Active celebrates the fact that everyone can enjoy the huge benefits of moving more.

For ideas on how you can get started and what's available near you visit:

www.activeessex.org/find-your-active



Welcome...

To this special autumn edition of Essex Explorer magazine – in association with the Active Essex ‘Find Your Active’ campaign.

As well as our usual beautiful photography, seasonal features and competitions, this issue is packed full of walking tips, routes and inspirational ideas for keeping active and healthy.

In this edition we look at the simple benefits of walking, autumnal strolls and the launch of the new Daily Mile™ routes in the Essex Country Parks. We seek to inspire you with heritage routes and waterside walks at St. Peter’s-on-the-wall, Bradwell-on-Sea, Heybridge and the stunning Essex coast.

Keep the whole family active and entertained with our family days out feature, or for something different read more about the Olympic mountain biking trails at Hadleigh and the purpose-built climbing wall at The Lock, Harlow. Or help to champion your green spaces with Love Essex

You will also love our mushroom and fungi spotters guide, stunning wildlife photography from Andrew Adams, gardening tips, a pumpkin soup recipe and recommended reads.

For more inspiration, support and to find opportunities to get active near you, visit www.activeessex.org/find-your-active



[Sign up to the Explore Essex newsletter for news, competitions and events from our country parks and heritage places. And to receive the magazine exclusively first!](#)

This magazine is available as an accessible PDF.
To request a copy email Explore.Essex@essex.gov.uk

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About us

Explore Essex brings together a unique group of green spaces and heritage places owned and managed by Essex County Council. Our mission is to provide a range of facilities and activities for the people of Essex to enjoy. Conservation is also at the heart of what we do, and any money spent with the Explore Essex group of places is ultimately reinvested to maintain and develop our sites for the benefit of visitors, and protect the flora and fauna within.

Active Essex is the official body of sport and physical activity in Essex and aims to create an active Essex to improve everyone’s health and wellbeing. The Find Your Active campaign is an initiative set up to support residents in taking their first steps to a more active lifestyle.

Get Connected

Keep up-to-date with our news, activities and competitions.

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Explore Essex News

New bird hide opens at Cudmore Grove

A new bird hide, built at Cudmore Grove Country Park on Mersea Island, is now open to the public. Funded by Essex County Council, a local patron, two local trades people and a former ranger, the hide has been built on 'ground screws' to ensure longevity and is expected to boast a thriving living roof by next summer. In the summer months, visitors can expect to see little white egrets, whilst migratory birds such as pochard and shoveler ducks may be spotted in the winter. The hide can be found overlooking a pond to the north east of the car park, where a nesting box for barn owls is also situated.

[Plan your visit to Cudmore Grove Country Park here.](#)



Councillors Butland and Durham, with local resident David Bullock, in the new bird hide, C Sophie Finch

Bhaji on the Beach

Jaywick Martello Tower played host to a fantastic Bhaji on the Beach event organised by the Essex Cultural Diversity project.

Indi Sandhu, Essex Cultural Diversity Project Creative Director and Chief Executive Officer, said: "Through Bhaji on the Beach we were keen to engage with diverse communities in Essex to visit outdoor spaces including coastal seaside towns, areas of natural beauty, country parks and green spaces.

"We are looking at supporting similar projects in the future in order to further encourage diverse communities to engage with outdoor spaces."



Image courtesy of Essex Cultural Diversity Project

Essex Record Office Presents

Explore the history of our great county with the Essex Record Office (ERO). Not only an incredible resource for research, the ERO are back with a series of talks delivered by local experts. Discover more about the history of the Mayflower ship in October or dig deeper into our past with November's archaeological round-up.

Discover more:

www.essexrecordoffice.co.uk/events

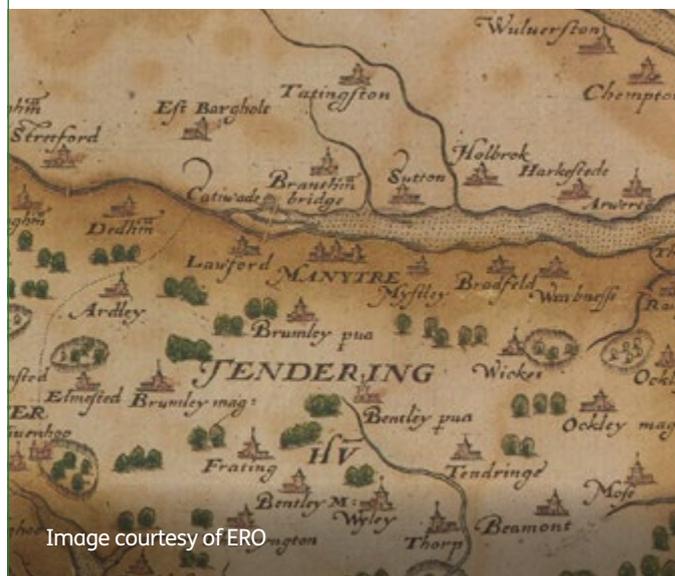


Image courtesy of ERO

IT'S NEVER BEEN EASIER TO FIND YOUR ACTIVE

Make small changes to feel good this autumn



Physical activity can come in many different forms – but the benefits are endless. It doesn't necessarily mean spending hours at the gym, it could be taking small steps such as ditching the car or meeting with friends for a walk.

Throughout the Covid-19 pandemic, as a nation we have been given advice by the Prime Minister and Chief Medical Officer such as: "Right now exercise is one of the best things you can do to help fight diseases like Coronavirus and other health conditions."

People who are active have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke and some cancers. Given the overwhelming evidence, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age.

But with so many ways to get out and about it can be hard to decide how to take the first step. So why not keep it simple and make small changes – perhaps your daily commute could become a bike ride or your shopping trip a gentle walk? And did you know that if we encourage children to build 'active travel' into their lives at an early age, for example by walking to school, then research shows they are more likely to continue with these behaviours later in life?



For those days when the weather is not at its best, why not try a free online activity or wellbeing session on the Find Your Active YouTube channel? Browse over 200 videos available, produced specially for residents who feel more comfortable getting active in the comfort of their own home.

With a wide range of activities, it is Active Essex's hope that there is something for everyone to enjoy. So, whether it's Tai-Chi for health, Body Combat, or a family workout, it's just about finding the activity that's right for you. There's no judgement, no commitment and because it's free, you can give something new a go.

See what's available on the channel by visiting www.activeessex.org/find-your-active/workout-channel

Walk for Wellness

Why walking is good for body and soul



Walking is a great way to meet people and explore your local community together. No matter your age or ability, walking is a free activity that everyone can enjoy and Essex has lots of beautiful green spaces and country parks to discover.

Not only does movement have many physical and mental health benefits, it's great for social interaction too. With a number of country parks and green spaces to visit throughout the county, you can reap the physical and mental health benefits by enjoying a stroll in relaxing green environment away from technology and the stresses of life.

The best way to get started is to make walking part of your daily routine. You could walk to the shops, go for a regular ramble with a friend around a local park or take a longer stroll with the family on the weekend. With social walking groups and rambling organisations throughout the county, there are many ways to walk your way to wellness.

It has been stated that 90% of individuals who are new to physical activity should take up walking to begin their active journey.

Here, Find Your Active ambassador Jo Bryant, speaks about how walking has been beneficial to her wellbeing, allows her to bring people together, to keep mind and body active and all whilst still having some fun.

Jo says: "Through my work at Community 360, an independent charity, the 'Finding your Feet' walks in and around Braintree, have helped me to motivate and support people to get active, reconnect with others and with nature.



Jo Bryant

“For those individuals who live with mobility or health issues, or perhaps lack confidence, getting outside to walk can seem a big task. I love my job, because not only am I helping support others to get moving, but I’m also benefitting from it too.”

The Find Your Active activity finder features walking groups and sessions across the county. From mental health supported walks and dementia-friendly dog jaunts to Nordic walking and nature trails, there are lots of groups to support you in getting started. Find out more at www.activeessex.org/activity-finder

Explore the Essex Country Parks and Places to discover a green space near you. [Find out more here.](#)



The Daily Mile

Discover an everyday walking route at a country park near you



The Daily Mile™ launched in schools nine years ago as a free, inclusive and social form of physical activity to complement PE lessons. It's designed to improve physical, social, emotional and mental health in a non-competitive and fun setting; and sees children of all abilities and backgrounds run, jog or walk at their own pace for fifteen minutes in the fresh air with their friends.

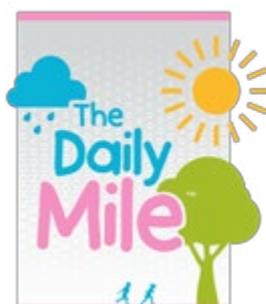
Now Active Essex are launching "Take a Walk in Essex", a form of The Daily Mile at four of the Explore Essex Country Parks for children and adults of all ages to take regular exercise in the outdoors in a beautiful, natural environment to boost their wellbeing.

"Take a Walk in Essex" will be available from this autumn at: Belhus Woods, Danbury, Hadleigh and Great Notley Country Parks as well as Garon Park, Southend.

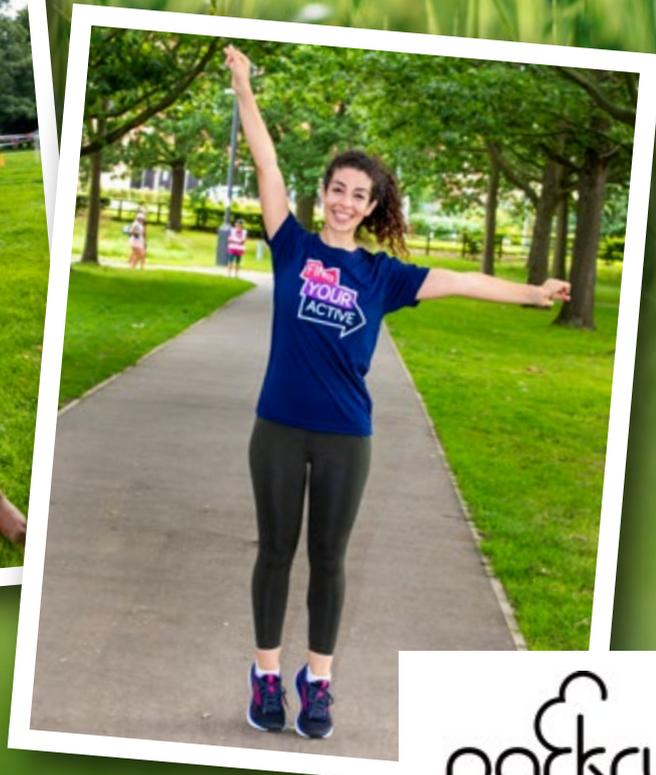
Getting started is easy. Simply download the map from the Active Essex or Explore Essex website or turn up and follow the signposts marking the route at each park. Don't forget to check the website for the car park closest to the course before you go (as some of the country parks are many acres and have several).

These walks are perfect for families with primary school aged children, as well as adults looking for a gentle route to help build activity levels this autumn and winter – and beyond.

[Download the 'Take a Walk in Essex' maps and discover the Explore Essex Country Parks here.](#)



Time to parkrun... or walk



parkrun

Parks and green spaces across the world have embraced the global phenomenon that is parkrun, with over a thousand events countrywide and twenty-three right here in Essex. But did you know that you don't have to run parkrun? Or that you will never be last as there are tail walkers to make sure everyone feels included, no matter your pace or ability. Or perhaps volunteering is more your thing? Parkrun has something for everyone!

Parkruns and junior parkruns are a great way to Find Your Active, for families and people of all ages to get out and have fun in a safe environment across the county. Find Your Active recently attended Chelmsford parkrun and the team met first time park runner Leila, who not only enjoyed her time at the Saturday five kilometre event but also brought her two children back on Sunday for the junior run as well.

Leila said: "It was quite daunting going to my first parkrun alone, but it was very relaxed and friendly, so I felt like I could just blend in."

Find Your Active wants to show that parkrun participants are made very welcome and highlight that whether they run, walk or jog – everyone has fun. No one finishes last at parkrun!

Regular runner Steve commented: "It's a run with friends, it's a run with family, it's a walk with the dog. Parkrun is whatever you want it to be."

Discover your local parkrun by visiting www.parkrun.org.uk or see other family offers in Essex via the 'Find Your Active' activity finder: www.activeessex.org/activity-finder

[Discover the Essex Country Parks](#) – perfect for a walk or run.

Autumn in the Essex Country Parks

With photographer
Andrew Adams

Andrew Adams is a resident of Brentwood and enjoys nothing more than exploring the many amazing parks across the county with his camera in hand. These stunning photos were taken at Thorndon and Weald Country Parks.

[Find out more about the Essex Country Parks here.](#)

When you next take a walk, keep your eyes peeled for mushrooms, fungi, squirrels, deer and colourful forests filled with autumnal leaves.





Competition

Be in with a chance to see your photo on the next front cover and WIN an Explorer Pass worth £75.

We hope we have inspired you to take your camera out and about with you – whether that is for a quick stroll or a longer ramble. You will be amazed by the colours of the trees and the fungi at this time of year. Capture some photos of nature and keep your eyes peeled for seasonal wildlife on your walks.

TO ENTER: Email your photos to Marketing.ExploreEssex@essex.gov.uk by midnight Tuesday 30 November 2021 and your image could be on the front cover of the next edition of Essex Explorer.

Please let us know your name and where and when the photo was taken.

Spotters guide to mushrooms and fungi

With autumn in full swing now is the perfect time to take a stroll and embrace the great outdoors. In this edition of Essex Explorer, we've worked with our Essex Country Park Rangers to bring you a spotters guide to some of the different types of mushrooms and fungi you are likely to see.



There are over 15,000 different species of wild mushrooms and fungi in the country and you can use our guide to spot the most common species when you are visiting one of the Essex Country Parks.

Please remember, do not pick, eat or trample any mushrooms or fungi.

Not only are many species poisonous when consumed but you would also be breaking the by-laws of Essex Country Parks as it is illegal to pick them.

Also, remember mushrooms and fungi are a vital part of a woodland ecosystem and a food source for the park's animal inhabitants.

Bracket Fungus



Jelly Ear



Chanterelle Mushroom



Oyster Mushroom



Chicken of the Woods



Panther Cap



Fly Agaric



Penny Bun



Giant Puffball



Toadstool Mushroom



[Discover all the Essex Country Parks here.](#)

Autumnal strolls

The onset of autumn brings crisp air, fiery foliage and rustling leaves. Wrap up in your favourite jumper, head out and discover seasonal strolls to get active this autumn.

Whether you are a keen walker or struggle to get your steps in, autumn is a great time to explore the great outdoors on foot.

Why not start with a scenic walk surrounded by nature and enjoy the delights of the changing seasons at the Essex Country Parks?

We have put together a selection of strolls for you to choose from.

Belhus Woods Country Park, Aveley

Enjoy the autumnal shades of red, yellow, and orange with a stroll through the woods. From the car park, take the footpath towards Running Water Wood and then bear left into Whitehall Wood. Be amazed by the caramel colours of the sweet chestnut trees and meander through the fallen spiky horse chestnut cases. Exit Whitehall Wood into the meadow and head back towards the car park. The trees and shrubs lining the meadows – including dog wood, cherry and field maple – all come into colour at varying intervals.

This short walk is perfect for all ages and abilities.

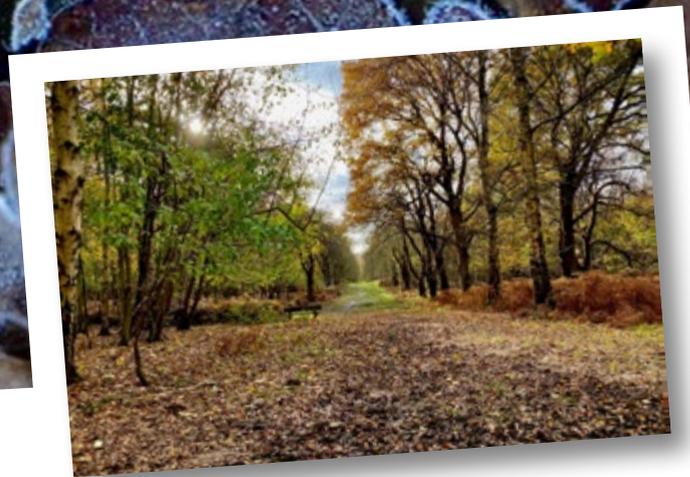
Top tip: Dogwood has amazing deep colours including reds and plum purple shades – spot these on the field and woodland margins in Bumpstead, Brock or Cockhide meadows.

[Discover more about Belhus Woods Country Park here.](#)

Make your visit a more atmospheric one by arriving first thing in the morning when the mist, frost or dew is still lingering. Look out for wildlife – including squirrels and birds – feeding on berries and nuts.

We hope you enjoy getting outside and active with one of our recommended walks – hopefully you will enjoy it so much that you will rack up the steps without realising. It's just about finding what's right for you.

Discover local physical activities and sport opportunities near you via the 'Find Your Active' activity finder: www.activeessex.org/activity-finder



Danbury Country Park, Chelmsford

Enjoy a circular walk around the landscaped lakes at Danbury Country Park – this accessible walking route is perfect for the whole family to enjoy, from young children to grandparents.

From the Woods car park take the path towards the Lake's car park, heading on straight towards the toilet block and Middle Lake. Carry on past the toilets and down to the Ice House, venturing off the path into the leafy woodland.

Amongst the fallen autumn leaves, see if you can spot the mushrooms popping up. Expect to see vivid red fly agaric, oyster and wood blewit mushrooms and porcelain fungus. **Please do not pick or touch the mushroom and fungi but feel free to take photos.**

[Discover more about Danbury Country Park here.](#)

Weald Country Park, Brentwood

From Lincoln's Lane car park follow the footpath across the ridge of the hill – enjoy the sweeping views and autumnal colours of the woodland. Take a right down Chestnut Avenue. This is the perfect spot for a few family photos as this tree-lined path will be blooming with caramel colours. Head through the forest and you might be lucky enough to spot the herd of wild deer.

Not able to get a glimpse of the wild deer? Then head over to the deer enclosure near the visitor centre to get up close with these beautiful animals. Behind the enclosure is a vivid, scarlet red acer tree which looks particularly stunning in autumn.

[Discover more about Weald Country Park here.](#)

Discover Thorndon Country Park

Venture out of the house this autumn and take a walk into the deep dark wood at Thorndon Country Park in search of the Gruffalo. Feel the crunchy leaves beneath your feet and explore this family-friendly historic park.



Did you know that the landscape at Thorndon Country Park was once part of an estate owned by Lord Petre and dates to 1414? Today this centuries old park, its historic features, diverse habitats and ancient woodlands are free for the public to enjoy and explore. Wander in and out of the woods, have a moment of calm sitting by the 13th century Childerditch Pond or admire the views of Canary Wharf from Pigeon Mount. As a Site of Special Scientific Interest and a Grade II listed park, this enchanting place is the perfect location to stretch your legs and admire nature.

Located on the outskirts of Brentwood - and in easy reach of the M25, A12 and A127 - Thorndon Country Park is easy to get to from every corner of Essex. There are over 500-acres to discover either on foot, bicycle or horseback with designated paths and routes circling the park. If you fancy a longer stroll, follow the paths from the woodlands of Thorndon North to the open spaces of Thorndon South. Grazing sheep, cattle and goats can often be spotted along the way. Thanks to funding from the Land of the Fanns Partnership Scheme, Thorndon now has 1000 metres of newly surfaced pathways, improving access for visitors.

Thorndon Country Park is popular with nature lovers, families and dog walkers alike.

The dog activity course, located at Thorndon South, is great to test your dog's skills and balance. Your four-legged friend can run and jump through tunnels and hoops or negotiate ramps. The park is also an important habitat for wildlife. Keep your eyes peeled for ducks, geese, cormorants, kingfishers, frogs and toads. The park is home to nine species of bat and the ancient trees provide the perfect shelter for insects such as beetles and spiders. If you head to Thorndon this autumn, be sure to bring your camera and snap a photo of the colourful fungi and mushrooms that are popping up across the park.



“A mouse took a stroll through the deep dark wood...”

Now your little ones can do the same. Bring the much-loved children’s classic, ‘The Gruffalo’ - written by Julia Donaldson and illustrated by Axel Scheffler - to life with the Gruffalo Trail at Thorndon Country Park. Purchase a trail map booklet from the Essex Wildlife Trust run Countryside Centre and venture into the deep dark wood on this self-led trail. Let imaginations run wild as you search for the hand-crafted sculptures of the Gruffalo characters. The trail takes you through atmospheric woodlands – perfect to enjoy the delights of autumn, admire the roaring red leaves and snap some stunning photos amongst idyllic landscapes. It will also help children to learn more about native woodlands and spark an interest in nature.



Know your trees

The Thorndon landscape features ancient forests and new plantings including:

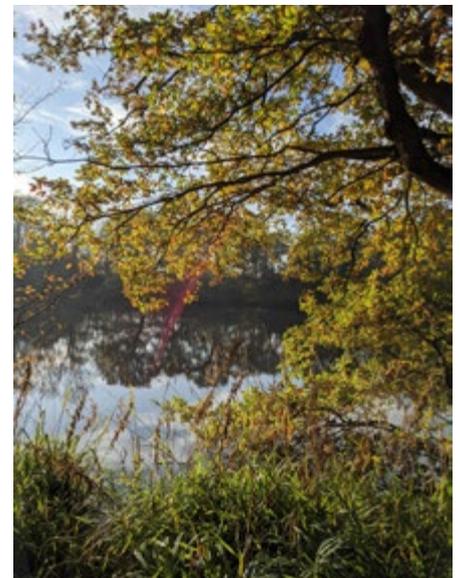
Oak

Hornbeam

Ash

Willow

Sweet cheshnut



Plan your visit

Thorndon Country Park is open every day from 08:00am until dusk and the Gruffalo Trail is free to explore during park opening hours. [Find out more about the park and plan your visit here.](#)



The Heritage Trail at Thorndon South

Today, Thorndon Country Park in Brentwood, is a treasure trove of extensive open space, wildlife habitat and precious woodlands, but what you see is the result of centuries of human involvement.

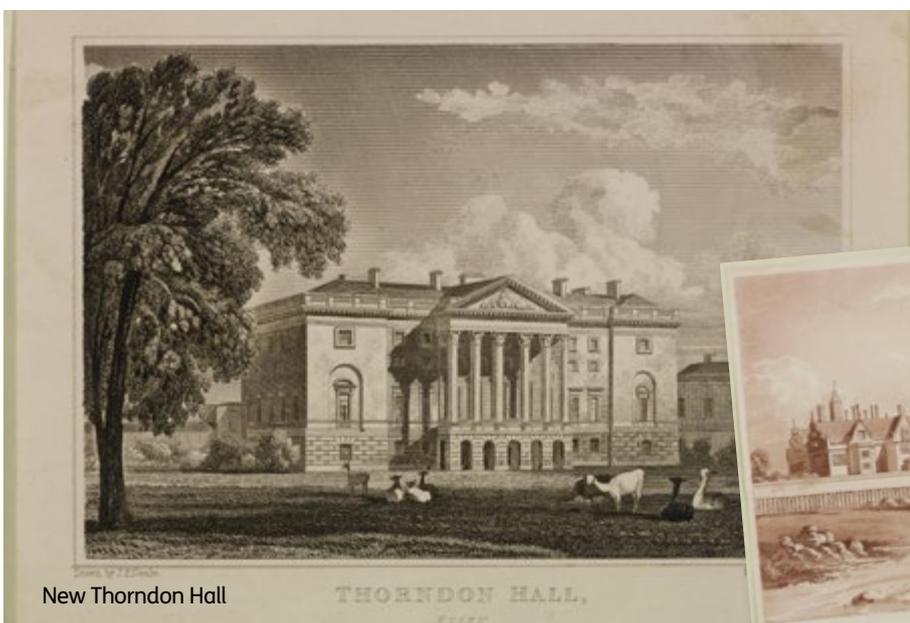


The park has been working on an interpretation walking trail. Supported by the National Lottery Heritage Fund and the Land of the Fanns, the campaign aims to protect and re-imagine the areas fens, forests and fields and bring the history of the park to life so that visitors can imagine the landscape as it once was.

The Original Thorndon Estate

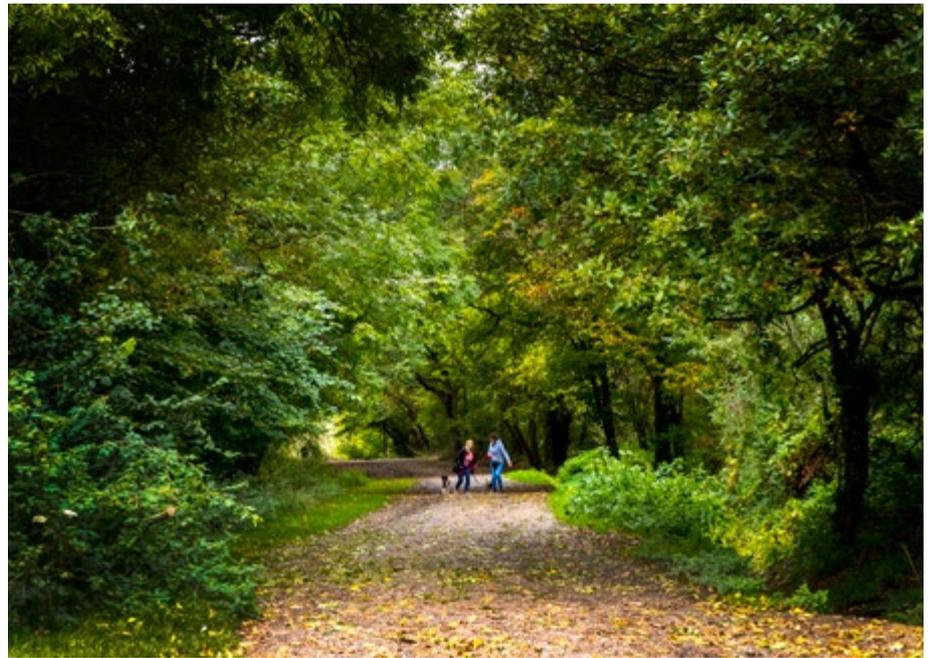
Official records of Thorndon date back to just before William the Conqueror's Domesday Survey of 1086, although there would have been settlements dating back much further.

The magnificent landscape was once part of the original Thorndon estate, which dates to 1414 and the reign of King Henry V, when Welsh merchant Lewis John was granted royal permission to empark 300 acres of land around his lodge for deer hunting. A second deer park came into existence around the 16th century. The ability to hunt deer and give the gift of venison was a status symbol, as the act of enclosing the land into a park was granted by royal licence.





The 1st Lord Petre



Petre Family

In 1573 John Petre (the 1st Lord Petre) bought the estate and began extensive remodelling. Over the next twenty years he rebuilt the original house into a fine mansion. This is now known as Old Thorndon Hall and the foundations now lie in Ruin Wood.

During the 17th century the landscape changed very little, however in the early 18th century the 8th Lord Petre began an ambitious landscaping project. The 8th Lord was one of the most celebrated horticulturists of his day, yet sadly his plans were never fully realised due to his untimely death from smallpox at the age of 29. Nonetheless he had a profound influence on the landscape at Thorndon.

In the late 18th century, the 9th Lord Petre commissioned a New Thorndon Hall and employed Lancelot ‘Capability’ Brown to draw up landscaping plans for the gardens. The new hall was completed in 1768, but the expense took its toll on the family and the main house and west wing were sadly gutted by fire in 1878. Eventually the property was sold, and today the Palladian Mansion has been converted into the apartments.

Present Day

Thorndon today is an enchanting 500-acre country park linked with The Woodland Trust’s Old Park. Thorndon is a special place; it is Grade II listed on the English Heritage Register of Historic Parks and Gardens and a Site of Special Scientific Interest for its veteran trees and the beetles that live in them. It is also a Regionally Important Geological and Geomorphological Site.

You can ramble freely and explore areas of marsh, meadow, ash, willow and sweet chestnut coppice, as well as wonderful woods with ancient pollarded oaks and hornbeams. Or follow the new Heritage Trail launching this autumn to find out more about its history.

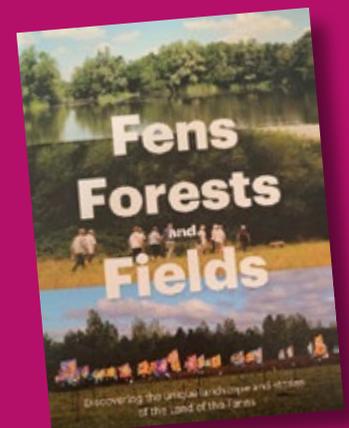
[Download the walking trail and find out more about the park.](#)

Images courtesy of Petre family and Essex Record Office. The main image is of the 1733 Bourguignon plan, commissioned by the 8th Lord Petre.

Land of the Fanns book

Well-known author and social historian, Ken Worpole, has contributed to a new book, which captures the essence of the intriguing place that is the Land of the Fanns. A complex landscape, dissected by roads, rail, and industry that straddles the London and Essex border. The book sums up everything that the five-year Landscape Partnership Scheme has been about: Fens, Forests and Fields.

To purchase a copy of ‘Fens, Forests and Fields’, please email landofthefanns@thameschase.org.uk.



Walking through history

Take a trip to the Dengie Peninsula and you will find the charming Chapel of St. Peter's-on-the-Wall, one of the oldest in the country.



Image credit: Visit Essex

The Grade I listed chapel is steeped in history and is still used as a place of worship to this day. Whilst some will arrive after completing the 40-mile pilgrimage from Greensted, near Ongar, many will come across St. Peter's chapel as part of the circular six-mile walk around Bradwell-on-Sea.

St. Peter's is believed to have been built astride the abandoned Roman fort of Othona, which was one of nine sites of strategic importance to the Romans. Not only could they control the estuaries of the Blackwater and Colne rivers, with the latter leading to Camulodunum – now known as Colchester – but the forts meant that the Romans could repel Saxon invaders.

Dating back to 654AD, St. Peter's chapel - an Anglo-Centric church for the East Saxons - was built by Bishop Cedd after he had sailed from Lindisfarne in 653AD and landed at Bradwell. At the time, Bishop Cedd was requested to spread Christianity by Sugeberht the Good, the King of the East Saxons.

Records indicate that Bishop Cedd died from the plague in October 664AD, however, there are no records stating that the chapel was used until 1442. It was during this year that the Bishop of London was informed by the local clergy that St. Peter's had been expanded and now included a small tower with a bell above the entrance porch.

Over the centuries the chapel was burnt, with the local clergy claiming that it was unusable before it was repaired. After the repair works were completed, it was used as a chapel by the parish church in Bradwell until the 16th century where it once again fell into disuse. Following this, the chapel was used as a barn - and although now filled in - the remains of the barn doorway can be seen from the south side of the knave to this day.

In June 1916, the Parker family – who owned the chapel – gave it to Chelmsford Cathedral and in 1920 St. Peter's was restored and reconsecrated. Soon after, the annual pilgrimage to the chapel began.

Despite being built in 654AD, the chapel is still used as a place of worship with regular communion services and Christmas and Easter celebrations taking place each year.

Set within the Dengie National Nature Reserve, a Site of Special Scientific Interest, visitors to St. Peter's can enjoy wide open views of the estuaries and the abundant wildlife in the area.

The Bradwell circular walk



This circular six-mile (10 kilometre) walk is ideal for all ages due to its flat nature and interesting features along the way.

Park your car at the end of East Road and walk through the gate. After 850 metres you will come across St. Peter's-on-the-Wall. Close to the chapel is the Bradwell Bird Observatory, an ideal location for twitchers.

For approximately two miles, follow the path round and you will walk along the sea wall above the salt marshes and overlooking the Blackwater Estuary with its tranquil views.

Pass the power station, which will be on your left, you will see steps down to a wide grass track. Take this path, which leads past a World War Two pillbox, and go through the gate and follow the footpath between the hedgerows.

At the end the little path, turn left and join the road. After a short distance, turn right past the playing fields. Here on your left you will see a memorial to the members of the RAF who were killed while flying missions from Bradwell airfield in World War Two.

Continue past the houses and follow the sign to Bradwell village. Past St. Thomas' church take a left into East End road and continue down it to finish at the car park.

[If this has inspired you to explore more walking routes, take a trip to the Essex Country Parks for a stroll amongst nature. Discover more about the parks here.](#)

Distance

Six miles (10 km).

Level of difficulty

Easy along the sea wall, with some road walking.

Habitat types

Salt marsh, scrub, hedgerows and mudflats.

Parking

Small car park just past Eastlands Farm.

Dogs

Under close control.

Walk the Essex coast and discover the 'Beach of Dreams'

The 'Beach of Dreams' is an epic 500-mile walk from Lowestoft to Tilbury which reveals the hidden gems of the eastern coast of England.



Kinetika's 'Beach of Dreams' project recently asked members of the public to choose a mile of the route that meant something special to them and to provide a photograph and description.

Using the images as inspiration, 500 silk pennants were created and used to form an impressive art installation along sections of the route. Also, all the images and descriptions that were submitted have been used to create a digital story map of the coastal path.



The 'Beach of Dreams' was more than an art project as it also explored the themes that pose a threat to coastal landscapes – such as erosion, climate change, renewable energy and much more.

While many members from an array of organisations and groups walked the route in the summer months, there is no reason not to explore the 350-miles of the county's coastline during autumn and winter.



With overwintering birds soon to arrive from far flung shores, flora and fauna that thrive in the colder months, the rich history and heritage of coastal towns and villages and fantastic panoramic views, there is much to see and discover on the county's coastline.

In fact, there are over 60 coastal walking routes on the Go Jauntly app (see overleaf for more) throughout the county that you could start today.

Discover the coastal walking routes here: www.gojauntly.com/essex-coast

What are you waiting for? Get out and get active on the county's coastline and remember, it's just about finding what's right for you.

Find Your Active: www.activeessex.org/activity-finder

Get walking with Go Jauntly

Essex County Council have teamed up with the creators of walking app, Go Jauntly, to showcase the landscapes, green space, coastal paths, heritage and architecture that our wonderful county has to offer.



Over 60 new routes have been created in partnership with borough and district councils, Visit Essex, Essex Highways, The Colchester Orbital, the Essex & South Suffolk Community Rail Partnership and Walk Colchester.

Fancy heading out on a coastal path between the North Sea and the Thames Estuary? Or perhaps a walk across rolling countryside or along one of the county's many waterways? With six railway lines across the network, there is no better time to jump on a train and enjoy exploring Essex by rail and foot.

Whatever walk takes your fancy, there will be one for you on the Go Jauntly app. From self-led active travel walks to leisure routes that make walking a way of life,

check out the vast range of beautiful trails here: www.gojauntly.com/essex

Julian Sanchez, Walking Lead at Essex County Council, said: "Leisure walking is a great way to start walking, build up fitness and resilience which can then build to walking for day-to-day travel to school, work or to the shops.

"Our Safer, Greener, Healthier ambition is to encourage Essex residents to walk, cycle and use public transport rather than jump in the car, especially for shorter journeys. Not only does this improve personal health and wellbeing, but it also reduces congestion and air pollution which benefits the environment. That's why we want to make Essex the walking county."

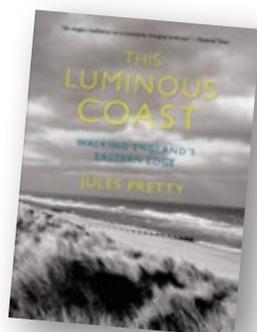
Interested in reading more about the coastline?

Then here are two recommended reads to inspire you.

This Luminous Coast by Jules Pretty

Over the course of a year, Jules Pretty walked along the shoreline of East Anglia in south-eastern England, eventually exploring four hundred miles on foot (and another hundred miles by boat). It is a coast and a culture that is about to be lost – not yet perhaps, but soon – to rising tides and industrial sprawl. This Luminous Coast takes the reader with him on his journey over land and water; over sea walls of dried grass, beside stretched fields of golden crops, alongside white sails gliding across the intricate lacework of invisible creeks and estuaries, under vast skies that are home to curlews and redshanks and the outpourings of skylarks.

Buy from Waterstones.com or your [local independent bookseller](#).



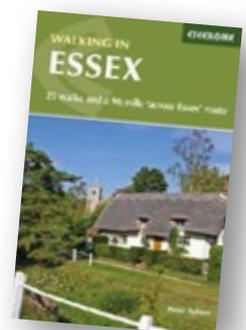
Walking in Essex by Peter Aylmer

It is all too easy to start with the negatives. No hills. No drama. Agriculture: no sheep dotted around, or not many anyway. Just one big field after another.

In truth, that is perhaps the most common response to the offer of a walk, in eastern England, and like so many easy prejudices, it is a clumsy stereotype and simply wrong. Precisely because eastern England is often overlooked by the tourist in general and the walker, it is a remarkably quiet patch for the traveller.

Discover Peter Aylmer's Walking guides and explore the beauty of Essex by foot.

Buy from Waterstones.com.



THE SMALLEST
BIT OF ACTIVITY
CAN MAKE
THE BIGGEST
DIFFERENCE

MOVE IT
OR LOSE IT!®

FIND
YOUR
ACTIVE

The Find Your Active campaign is all about recognising that when it comes to getting out and about and active, there's no such thing as one size fits all.

Find Your Active wants to highlight and celebrate the many wonderful ways we can all find the activity which suits us – whatever your ability and wherever you live.

So, whether it's your local park, your local sports club or an organised group, there's something for you. And don't forget, it doesn't matter what you do, it's just that you've done it, but most of all it's important you enjoy it!

We want to see how you Find Your Active and perhaps inspire someone else to find theirs! Tag @activeessex in your photos and don't forget to use the hashtag #FindYourActive!

Find Your Active with us

Whatever your active may be, the Active Essex Find Your Active ambassadors are here to support you. They help breakdown some of the common barriers to physical activity and give you a little taster into their own personal journey to positive movement.

Ambassador Sandra Amey-Martin says: "Exercise doesn't have to be dressing in lycra or going to the gym – finding something you enjoy that gets you moving is the key. I want to help residents remain independent and able to take part in everyday activities with ease; simple movements can benefit every aspect of their life."

Ambassador Harry Mayhead says: "When I was younger, I was diagnosed with Autism, Dyslexia, ADHD, and Hypermobility and found it hard to fit in. I think it is important for people of all abilities to be as active and as healthy as we can, without judgement or exclusion. I believe that everyone should have the right to enjoy the activity they love no matter what."

The Find Your Active Connectors are essential in offering support to those residents who are new to physical activity or don't know where to start. So, if you're a little nervous in getting active, need a helping hand or just require some advice on what activity will be suitable for you, our connectors are here to guide you along the way.

Tracy, a Find Your Active connector for Castle Point, says: "Getting outside, in open green space, you just feel the peace and calm. If I can help raise the awareness of what is available to people in their local community, everyone should be able to find an activity that they will enjoy. If it's a chore, it's not fun, and fun it must be."

To find out more about getting support in ways to find your active, visit: www.activeessex.org/how-do-i-get-started



Harry Mayhead



MOVEMENT IS FOR ALL

Physical activity can play an important role in helping manage long-term health conditions, and positively change and impact individuals living with a disability. It's just about finding what's right for you.

Even a small amount of movement can make a significant difference to overall health and wellbeing.



Moving more when living with a long-term health condition or disability can be a little scary. However, physical activity is inclusive, and Essex has many opportunities throughout the county for everyone to enjoy safely. Taking part in physical activity can deliver positive outcomes which benefit other aspects of your lives, not just your physical health, but your mental wellbeing too. By joining a group or club, it will help surround you with people just like you and is a great way to make friends.

So, whether it is a Sport for Confidence session, Nordic Walking in the park or a dementia-friendly dog walk, Essex has plenty on offer, as well as many beautiful country parks to explore.

Find Your Active is here to showcase these fantastic opportunities and you can take a look on the activity finder here: www.activeessex.org/activity-finder



Essex All Together is an Active Essex campaign for people living with a disability or long-term health condition (be that visible or invisible). The campaign is about showcasing how physical activity and sport can really help change and impact the lives and others in the community, living with similar disabilities and/or health conditions.

Despite the majority of us (70%) living with a disability or long-term health condition wanting to be more active, we are still twice as likely to be inactive than those without.

Essex All Together is a growing community of people who believe that this can change in Essex.

Our fantastic Essex All Together community support one another, inspire, share and promote the benefits of moving more and the opportunities available to be more active. Many of the ambassadors regularly meet for cycle rides and walks in their local green spaces. Physical activity brings us all together and what better way than doing it outside in nature.

Perhaps you are reading this and can relate. Perhaps you were in awe of the amazing athletes who took part in the Tokyo Paralympics and want to try out something local to you. Visit the Essex All Together page to see how to get involved, use the activity finder or reach out to one of the ambassadors: www.activeessex.org/find-your-active/essex-all-together



Get going in the garden

With the leaves turning to a different colour and starting to fall you know that the autumn has arrived but there are still some jobs you can do to help your garden during the next few months to prepare it for next spring.

Cressing Temple Barns walled garden



Cressing Temple Barns walled garden

Now is a great time to mulch your beds and borders, this will help the soil which in turn will mean your plants will be stronger in the following seasons. Rake up any leaves and collect them in a leaf bag, which will eventually turn into leaf mould, to make a useful and versatile mulch.

The autumnal months are also a great time to build your own compost heap or invest in a compost bin from a gardening centre. Placing all the leaves and cuttings that need to be disposed of on a compost heap will mean they break down and will be perfect for you to use on your borders and beds in the future.

If you have containers in your garden, now is the time when you should plant winter flowering plants, such as hellebores, skimmias, cyclamen and violas, as some will flower and last until early spring. Plants in containers are great for small gardens but you need care for them, so don't plant more than you have time for as container plants are totally reliant on you. They can be rewarding but don't think of them as an easy option.

Remember, cutting, pruning and prepping is the key to getting going in the garden during the autumnal months so make sure you trim hedges and cut the grass for a final time during the end of October. As a top tip, if you cut the grass higher than you would during the summer months it will help protect your lawn from frost damage.

Finally, take some time to imagine how you want your garden to look later in the year and take time to plant what you like to look at, what you like to eat and make it how you want it to look. There is no right or wrong type of garden - express yourself and be creative.

[Visit Cressing Temple Barns for some gardening inspiration, plan your visit here.](#)

Health benefits of gardening

"I never feel happier than when I'm in the garden and gardening is great way to keep fit. I use it as my gym and daily workout. Being outside in the fresh air and close to plants and wildlife can lift your spirits," says Cressing Temple Barns Head Gardener, Rebecca Ashbey.

Digging, trimming, mowing, planting and many more gardening tasks can do wonders for your physical and mental health. No matter the size of your garden every little bit helps to keep you fitter while helping the environment at the same time.

Sarah Stokes said: "My amazing 88-year-old dad, Bob, has found his active in our back garden. He spends at least six hours every day gardening and tending to the local community allotment, where he grows all of our fruit and vegetables."



It's just about finding what's right for you!

Find Your Active: www.activeessex.org/activity-finder



Bob Stokes tends to his garden



Make at home: pumpkin soup

For a healthy version of this recipe supplement the cream for coconut milk.

Cooking from scratch is good for both body and soul. Try this seasonal recipe to warm you as the days start to cool and make use of any Halloween pumpkin leftovers to save on waste. As well as being delicious and tasty, pumpkins also have impressive benefits, being highly nutritious, low in calories and particularly rich in vitamin A.



Ingredients

1kg pumpkin
(deseeded)

700ml stock (use
vegetable or chicken)

150ml double cream/
crème fraîche or a can
of coconut milk

2 onions
(finely chopped)

1 or 2 tbsp oil (olive
or vegetable)

1 tsp garlic and ginger
(crushed or chopped)

Method

Step 1

Heat the oil and soften your onions and garlic for around 5 minutes.

Step 2

Add the chunks of pumpkin and/or squash and stir for around 10 minutes until they start to turn golden, add the ginger for a little extra spice.

Step 3

Pour 700ml stock into the pan and season, bring back to the boil and simmer for around 10 minutes and/or until the pumpkin is soft.

Step 4

Add 150ml cream and/or coconut milk to the mixture and bring back to the boil. Blend and serve. Add a garnish of pumpkin seeds and/or coriander and a swirl of crème fraîche, cream or coconut milk to finish.

Like Cooking? You'll Love ...

Together by Jamie Oliver

Discover the brand-new cookbook from Essex's own Jamie Oliver. The perfect excuse to get the family together and enjoy seasonal feasts.



£26
rrp HB

NB: The recipe left is not from this book.

Find something new at your local Essex library today

Have you discovered the variety of services available at your local Essex library? Whether you're looking for your next great read or want to learn new skills and meet new people it's all at your local library.

Events and activities

Essex Libraries are at the heart of every community. We have a wealth of events available, free of charge, at a library near you. If you are a new parent, why not come to one of our Baby and Toddler Rhymetimes? Or if you are looking to meet new people why not join a book or craft group? Also keep an eye out for the other great workshops and events we host throughout the year. Visit libraries.essex.gov.uk/events and join the Essex libraries community.

Books

Now if a library is known for nothing else, then it's known for its books. There will always be something for you to reserve and something new to discover. We have also recently joined The Library Consortium which means we now have access to thousands more titles.

Libraries Online

If you're looking for something to keep you occupied in-between library visits, then you need to check out our online resources. Not only does your library card grant you access to e-books, e-audio, e-comics, e-magazines and e-newspapers via BorrowBox, Libby by OverDrive and PressReader, it also lets you access our online courses free of charge. If you've ever thought about learning something new, then this is your time to start. Access resources such as Learn My Way (to improve your digital skills), Transparent Language (choose from over 80 languages) and Universal Class (over 500 courses from business skills to alternative therapies) either from your own home or from one of our bookable computers.

Find out more about all our services on our website – libraries.essex.gov.uk – or by visiting your local library.



A waterside walk and tasty traditional bites



Autumn at Tiptree is a time when damsons, quince, late raspberries and eventually the medlars will be picked for jam and jelly making. The quince fruit resembles a pear in shape with a fluffy skin but it has a unique aroma and flavour. Once cooked with sugar the white flesh changes to a glorious dark pink that is a perfect addition to a sauce for meat. The raspberry season at Tiptree runs from early summer through to late autumn and provides fruit for one of the Raspberry Conserves that chef Phil Vickery used in his Steamed Raspberry Jam Pudding.

This autumn why not enjoy a waterside walk along the sea wall overlooking the Blackwater Estuary, before stopping at the Tiptree tearoom at Heybridge Basin or The View, Osea Leisure Park, to delight in some tasty treats.





Heybridge to Osea

The walk from Heybridge to Osea tearoom is an easy stroll past the old boat yard, the two sailing clubs and then the marshes towards the caravan sites but look beyond the obvious and at low tide there will be an array of wading birds on the water's edge delving for tasty bites while others seem to march across the mud encouraging a morsel to rise to the surface.

Discover the most amazing views across the estuary from the tearoom at Osea, perched above the sea wall, and at high tide you may even spot a passing Thames barge.



A Circular Waterside Walk

For those keen for a circular walk from Heybridge Basin it is best to start at the lock that crosses the Chelmer Navigation (known as the canal) and head onto the sea wall just past the lock keeper's cottage. From the path you can see Northey Island, now owned by the National Trust, but closer to hand there are marshy corners with the secret history of the relics of old broken boats. To the right of the sea wall there are lakes that are popular with screeching birds, depending on the season.

The path continues, and on the left beyond the saltings, the historic town of Maldon comes into view across the water with a collection of vessels moored in the estuary. As you reach the new housing at Heybridge on the right, there is a short cut through the houses to the canal bridge, otherwise follow the estate road to the main road at Heybridge and turn right, walk over the canal bridge and down the steps to the canal. The canal path can be muddy in winter.

The old warehouse on the right overlooks the canal that is edged with reeds and water lilies making a popular habitat for wildlife. The path follows the edge of the canal, past those at peace in the cemetery towards the yachts and motor boats moored by the bank all the way to the lock at Heybridge Basin where there should be time for more refreshments, a quiche with chutney and a dessert of the day which could be a steamed jam pudding – well deserved.

It's just about finding what's right for you!

Explore more activities via the Find Your Active activity finder: www.activeessex.org/activity-finder



Carve out some family time this autumn

Enjoy an active autumn with our selection of seasonal activities.

Trick or treat? With Halloween fast approaching, we think you and your family deserve a treat. Get out of the house and blow the cobwebs away this autumn with a fun-filled family day out.

Scavenger Hunt

Turn your next family walk into a scavenger hunt. Put on your walking boots and unleash your inner explorer. Simply take this page with you and see how many signs of autumn you can spot along the way. Whether you are heading out for a short walk near your home or going to a country park further afield, you should be able to spot fiery leaves, colourful mushrooms and fungi, autumnal berries, conkers and an array of wildlife such as squirrels, ducks, beetles and spiders. See how many of these things you can tick off the list.

[Download the scavenger hunt here.](#)



Sky Ropes

Get your heart racing and adrenaline pumping by tackling the Sky Ropes course at Great Notley Country Park. Swing, swoop and soar as you navigate your way around the bridges and beams high in the sky. This activity is suitable for the whole family – toddlers can enjoy Junior Sky Ropes whilst older children and adults can take on the Sky Ropes Adventure course. Not only is it loads of fun but it's a great workout too. You will be leaving with a smile on your face and feeling re-energised.

Sky Ropes is open every day throughout the school holidays and weekends only during term time.

[Find out more and how to book here.](#)





Halloween Walking Trail

Put your digital devices down and join us at the Essex Country Parks for a spook-tacular Halloween walking trail – fancy dress is welcome (for all ages) but not essential. Purchase your trail guide from the visitor centre, follow the directions and keep your eyes peeled for the trail markers. The booklet includes a map, guided trail and some extra spooky activities for you to enjoy.

[Find out more about all our events here.](#)



Essex Outdoors

Create unforgettable family memories in the great outdoors this autumn. Whether you are eight or 80-years-old, experience a fun session of stand up paddle boarding or climbing at Essex Outdoors Harlow – the perfect antidote to beat the winter blues as the days start drawing in.

Alternatively, keep the children mentally and physically stimulated during the October half-term school holiday with Essex Outdoors' action-packed activity days, suitable for eight to 16-year-olds. Try your hand at four fun and challenging activities each day – ranging from archery, mountain biking, orienteering and bush craft. Enjoy the benefits of being outside whilst reconnecting with nature and each other.

Start your family adventure and find out more: www.essexoutdoors.com



Discover family-friendly activities near you this autumn with Find Your Active. www.activeessex.org/activity-finder

Hit the bike trails at Hadleigh

Inspired by the recent mountain bike races at the Tokyo Olympics? Then take to two wheels at Hadleigh Country Park and enjoy a free Olympic mountain bike facility right here in Essex.



Almost a decade has passed since 40,000 spectators flocked to Hadleigh over two days to watch the world's best mountain bikers compete for gold at the London 2012 Olympics. Since then, the mountain bike trails have become a firm favourite for cyclists of all abilities to experience the thrill of riding at an Olympic venue.

With green, blue, red and black trails - green being the easiest and black the hardest - the facility is suitable for all and a great way to teach and build the experience of younger riders in a safe and car free environment.

The circuit - which is largely man-made - features, for the more experienced rider, dramatic drops and tight twisting climbs on the black trail while the green offers a more sedate experience and is ideal for mountain bike beginners.

The park also hosts both a skills area and two pump tracks, with the latter offering a series of rolling features and berms allowing riders to 'pump' speed from the trail and is ideal for all ages to hone their technique.

Rated 'orange', meaning that it is suitable for beginners to experts, the skills area includes a teaching zone as well as eight features from rock gardens, rock steps and rock rolls, to tabletops, drop-offs, berms and a technical climb, it's the perfect environment to build confidence.

So, take a trip to Hadleigh and experience the two wheeled thrill of riding a world class Olympic mountain biking venue in the heart of the Essex countryside.

[For more information about mountain biking at Hadleigh, as well as much more, visit the Explore Essex website.](#)

You can also hire a bike for the day from Hadleigh Park Cycles. See their website for more information here: www.hadleighparkcycles.co.uk



Looking for the perfect place to pedal?

With family-friendly trails, Hadleigh bike park is the perfect place to help improve your younger members cycling skills in an open setting.

Not only is it an ideal venue to get your children hooked on riding their bikes, which is great for their mental health and physical fitness, but it might even inspire them to take it up as a sport.

Many of the tracks at Hadleigh are designed specifically to help younger riders build their confidence. The Green multi-use, Orange discovery and Purple family trails start from just outside the Salvation Army café, the Hub, so you can refresh yourselves before heading off for a ride.

With the discovery and family trails, as well as short loops throughout the park, this fantastic venue is perfect for all ages and abilities. Don't delay, visit and ride there today.

It's just about finding what's right for you!



The Lock Climbing Wall

Located on the edge of Harlow, The Lock is the premier indoor climbing centre in Essex. We talk to Operations Manager, Jim Harris, about why he is so passionate about climbing and find out more about what you can do at the centre.



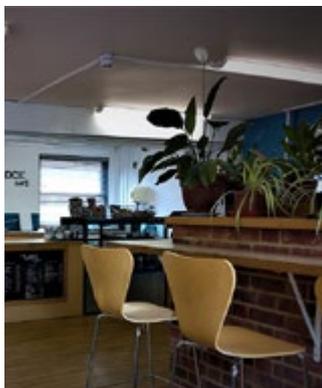
What is The Lock?

The Lock is an indoor climbing centre with the tallest walls in the county at 14 metres high and over 120 climbing routes. We have an experienced team on site and offer a wide variety of public climbing experiences.

Essentially there are four types of climbing available at centre.

1. Top Rope Climbing

A great way for novices and developing climbers to build confidence. Top roping is the way to safely develop your strength and technique, secure in the knowledge that your belayer has got you.



The Lock coffee shop provides the opportunity for refreshments with a current 'walk-in and take-out' offer of hot and cold drinks and snacks available on site.

2. Lead Climbing

Experienced climbers can lead climb on all of our 120+, 10-14m tall, overhanging routes. Lead climbers will need to bring their own ropes – just make sure they are long enough.

3. Clip and Climb/Auto Belays

We have a small number of auto belays at the Lock which allow you to climb solo – no partner needed. The auto belays will protect you as you climb and more importantly, they will let you down gently when you're done.

4. Bouldering

We also have a small Bouldering room, where you can climb 30 explosive routes. Bouldering does not require any ropes and can be enjoyed on your own or in groups. At only 2.5 meters high you may think Bouldering is easy-give it a go to find out.

How can I get started?

There are four ways you can get started at The Lock.

1. Book a 'Learn to Climb' course (six hours)

This course will teach you everything you need to get started from the fundamental skills of knot tying, belaying and simple climbing techniques through to an introduction into what equipment you need, what to look out for in a climbing wall and reading routes. These skills will allow you to not only climb at The Lock but will also enable you to safely explore other climbing walls across the UK.

Check the [website](#) for times. Changing restrictions may be in place.

2. Come in with an experienced climber

Who can show you the ropes although please note that Covid-19 guidance might be in place so you'll need your own equipment.

THE LOCK
CLIMBING WALL



Why Climb?

Climbing is hugely beneficial for both physical and mental health

Physical Health

Anyone can climb no matter what age, size or weight, climbing is a whole-body workout – it doesn't just work your arms.

Climbing uses every muscle group.

Not everyone enjoys team sports, climbing is an individual activity, with an excellent social side.

Climbing is low impact, but improves balance, flexibility and stamina.

Mental Health

When you climb, you focus purely on yourself and the moment.

It's just you, compete against yourself.

You can set your own targets and continually improve against your own measures.

There is always room to grow and reach new heights.

The combination of focus and physical exertion is the perfect way to relive stress.

To find out more: Call **01279 620270** or email thelock@essexoutdoors.com

Discover The Lock: www.essexoutdoors.com/the-lock-climbing-wall

Covid-19 restrictions might be in place, please see the website for full details.

3. Book a bespoke Session

Book a session with one of our qualified climbing instructors. Experience climbing in the care of an instructor. Book yourself in or bring up to three friends along.

All kit is provided, just bring yourself and your courage.

4. Sign-up to our NICAS courses for children

The Lock is a Level 5 National Climbing Award Scheme Centre. NICAS is designed for children aged seven and up. This is the ideal way for children to start their climbing journey, teaching the basics, rewarding them at each stage and allowing them to progress at their own pace.

Read this inspirational story from Beth Thomas.

www.thebmc.co.uk/benefits-of-climbing-on-mental-wellbeing

Climbing is available to all, discuss private sessions for those with physical, mobility impairments and other conditions. The benefits are enormous.



Competition

WIN one bespoke two-hour session for two people.

To be in with a chance of winning send your answer (one entry per person) to the question below by emailing Marketing.ExploreEssex@essex.gov.uk.

Title your email with the competition name.

Competition closes at 23.59 Sunday 21 November 2021. Please see our website for full Terms and Conditions.

www.explore-essex.com/mag-comps

Q: Where is The Lock?

A. Chelmsford B. Colchester C. Harlow

NEVER STOP FINDING YOUR ACTIVE

Whatever your age, there's an activity for you



Physical activity isn't labelled for a certain age. So, if you're three or 93-years-old, movement remains important for positive mental and physical health. Activity can be anything, it doesn't mean you have to join the nearest gym or workout class – you can simply walk, scoot or cycle instead of taking the car where possible, or join a local class or group for extra incentive.

Active Essex caught up with Doctor Ronan Fenton, Integrated Care Systems Medical Director, who said: "A little bit of activity is really good for you and that's exactly what Find Your Active does so well. Everybody can do their bit of activity, they're in competition with nobody but themselves, to be a little more active today than yesterday – and it will make a difference."

Explore the Find Your Active Activity Finder to find inspiration and groups near you. www.activeessex.org/activity-finder

[Discover scenic country parks and heritage places near you to explore.](#)

**Love it
here?
Don't
leave it
here!**

**Join a local litter
pick to clean up
our green spaces**



Are you tired of seeing litter ruining your local parks and green spaces?

The Love Essex team and the Cleaner Essex group have launched the ‘Love it here? Don’t leave it here!’ campaign to encourage residents to take their litter home with them to help protect our environment.

We would love for Essex residents to take it a step further. Get involved with a local litter pick. It is easy to do and a fun task to get active with friends or family. Most important of all, you are helping keep your surrounding community safe and clean.

There are many benefits to litter picking. Since the first lockdown back in March 2020, our green spaces have taken on an increased importance to many of us. Getting out into the fresh air for regular walks has helped maintain our physical and mental wellbeing. To give back to these spaces, we need to make sure we all do our bit to protect our local parks from litter pollution.

This way, we can continue to enjoy using them for longer. Litter never looks good on the eye and only takes a second to clean up – the litter pick can be as casual as you like. Picking up the smallest item is still a great help and will make our green spaces safer for residents and local wildlife.

Litter picking works wonders as a gentle workout for your whole body, helping you reach that daily steps target while doing something productive for the community. Walking helps improve the strength of your heart and lungs, reducing the risk of suffering from heart disease. Regular walks burn calories, boost your stamina and strengthen your bones.

Taking part in litter picking will also help your self-esteem and seeing you out and about can encourage others to get involved. As a flexible volunteering activity, you can do it wherever and whenever you want. If you love your local area and want to keep it looking its best, consider a litter pick this autumn. After all, our parks and green spaces belong to you.

Make sure to be safe whilst you pick. If possible, wear safety gloves and a hi-vis vest. Use a reliable picker. Avoid touching unsafe items with your bare hands, such as broken glass, and avoid potentially contaminated litter (such as medical waste) altogether. Check with your local district, borough or city council to see whether they offer litter-picking equipment loans, or purchase your own kits, then get out there and have some responsible fun.



Be a Love Essex Champion

Waste less, recycle more, and make small changes to save the planet



Love Essex and the BLUEPRINT to a Circular Economy Project are excited to announce the launch of their new volunteer scheme – Love Essex Champions.

You can join the Love Essex Champions Facebook group to receive a range of fun challenges each month. These will involve activities such as sharing posts on social media, creating short films, involving your friends and neighbours or attending talks and events. Activities will vary from month to month and offer something for all interests, hobbies and lifestyles.

By becoming a Champion you will also have access to guidance and information about sustainable lifestyles and volunteering. You will have the chance to become an expert on Love Essex campaigns, and even get support to organise your own activities in your local area. You can do as little or as much as you like, it is up to you.

Love Essex, be a Champion.

Read more here: www.loveessex.org/volunteering





FIND
YOUR
ACTIVE



Check out the many Find Your Active pages to help support you in finding the activity that's right for you
www.activeessex.org/find-your-active